



MEALS ON WHEELS OF RI
LATIN MENU – April 2024
 Catered by TRIO Community Meals
 Menu subject to change

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#MoreThanAMeal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mexican Chicken w Brown Rice & Beans Corn & Peppers Corn Muffins Fruit	2 Stuffed Pepper Refried Beans Cauliflower Florets WW Dinner Roll Applesauce	3 Diced Chicken w/ Black bean salsa White rice Corn & peppers Tortilla Apple oatmeal bar	4 Cuban Beef Mashed Potatoes Peas Wheat Bread Peaches	5 Braised Chicken Thigh w Sofrito White Rice Corn & Peppers Tortilla Lemon Square
8 Spanish Omelet Pepper & Onion Seasoned Potatoes WW Roll Raisins	9 Fiesta Fish Lime Brown Rice Corn & Peppers Wheat Bread Cookie	10 Mexican Beef Casserole Whipped Potatoes Green Beans & Peppers Wheat Bread Applesauce	11 Chicken Fajita Yellow Rice Garlic Broccoli Wheat Bread Mixed Fruit	12 Chicken w Pineapple Salsa Mashed Sweet Potatoes Corn Nibbles WW Roll Fresh Orange
15 Tamale Beef Stew White Rice Carrots Cracked Wheat Bread Fresh Pear	16 Chicken & Cheese Quesadilla Steamed Yucca Corn Lorna Doones	17 Chicken Enchilada Pie Yellow Rice Tortilla Fresh Orange	18 Beef Chili Rice Mixed Veggies Corn Muffin Pineapple Tidbits	19 Beef Picadillo Broccoli Roasted Potatoes WW Bun Diced Fruit
22 Pollo con Naranja y Menta (Chicken w/Orange Juice & Mint) Yellow Rice Broccoli & Peppers Scala Bread Diced Peaches	23 Ropa Vieja-Beef Rice & Beans Carrots Wheat Roll Fresh Apple	24 Chorizo w Peppers & Onion Red Beans w Rice Garlic Green Beans Wheat Bread Peaches	25 Pernil Pork Black beans w/ rice Garlic Green Beans Corn muffin Apple pie	26 Cilantro Lime Frish Yellow rice Green Peas Dinner roll Fresh pear
29 Cilantro & Lime Chicken Orzo Rice Green Beans & Peppers Wheat Bread Fresh Pear	30 Pork carnitas Cilantro lime rice Carrots Oatmeal bread Blueberry bites	VOLUNTARY SUGGESTED DONATION: \$3.00 PER MEAL Cash, Check, Money Order, SNAP, PayPal <i>Make checks payable to:</i> Meals on Wheels of RI 70 Bath St. Providence, RI 02908 (401) 351-6700	Please call-in meal cancellations no later than 10:00 am prior to the next delivery day. You must be home to receive your meal. For your safety & well-being, coolers are not allowed.	

Meals on Wheels of RI is a non-profit organization funded in part by the U.S. Administration on Aging (AoA) & state funds through the R.I. Office of Healthy Aging.

REFRIGERATE MEALS IF NOT EATING IMMEDIATELY – MEAL WILL BE HOT AFTER REHEATING – PLEASE HANDLE CAREFULLY

*** DO NOT REHEAT IN TOASTER OVEN ***

Meal Reheating Instructions – Reheat to a temperature of at least 165° F

Microwave: Peel back lid to vent or slit film in each compartment - reheat meal for 1.25 minutes – add 30 seconds as needed

Conventional oven: Pre-heat oven 350 degrees F - Place meal on cookie sheet, peel back lid to vent & reheat for 10 minutes max

WGR – whole grain

SF = sugar free

LS = low sodium OR low sugar

SPRING WORD SEARCH

O K J G H P Z F V X Y Z
G I S R U W B B O O T S
A T Y A B L U E B I R D
E E U S G A R D E N T H
A H U S W Y W B K M U K
P X U K Q B L O S S O M
M G L M S J B A R T R C
J U R R B A N E R A G R
A P F A V R W E W F S L
T D R I Q O E V S K V U
U L I N L L G L C T R G
L D A F F O D I L N V R
I V U E P J H O J A C E
P W I Q N C M U D O Q E
S E E D S B S Q C X Q N



BLOSSOM
BLUEBIRD
BOOTS
CHICKS
DAFFODIL
FLOWERS

GARDEN
GRASS
GREEN
KITE
MUD
NEST

RAIN
SEEDS
TULIPS
UMBRELLA
WARM

